Safe Cooking Temperatures

165°F — **165°F**

Poultry, casseroles, stuffing

155°F — **155°F**

Ground meat
Hamburger, sausage

145°F — **145°F**

Fish, shellfish, eggs, pork chops,
whole beef (not ground)

140°F — **140°F**

Vegetables and canned foods
for hot holding

Benton-Franklin Health District Environmental Health Division
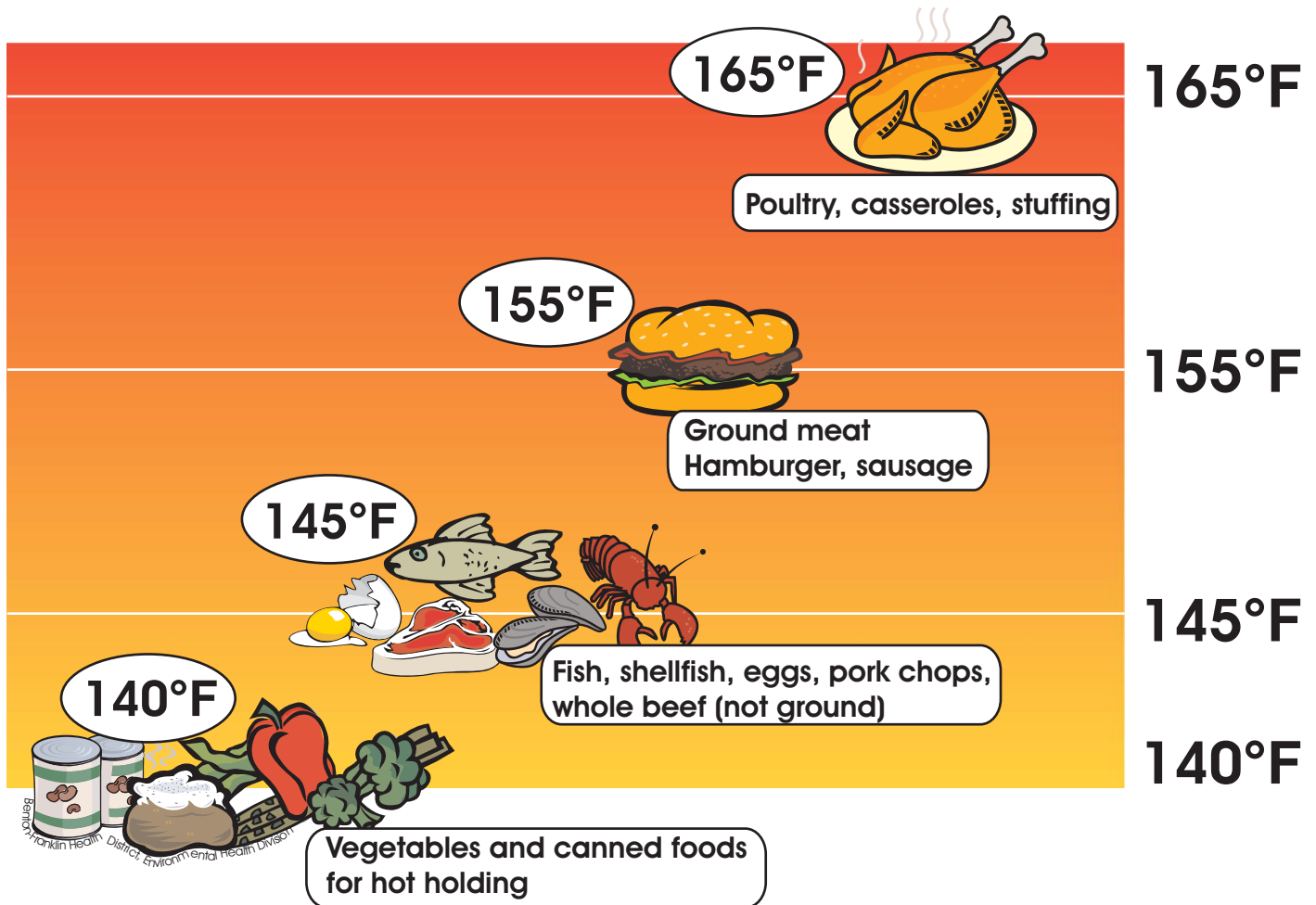
- Cooking food to the right temperature is the best way to kill germs that might be in the food.

- Temperatures must be taken with a food thermometer that is inserted into the thickest part of the food.

- All raw animal products cooked in a microwave oven must be heated to at least 165°F. The food must be covered to maintain moisture, stirred at least once during cooking, and allowed to stand covered for two minutes before serving.